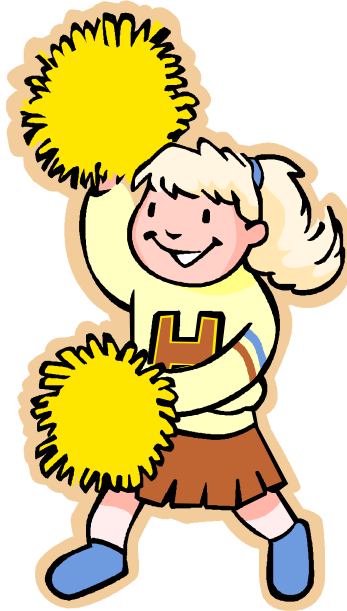


YOUTH CHEERLEADING COACHES MANUAL 2006



Roanoke County - Star Patton 387-6078x243
spatton@roanokecountyva.gov



Botetourt County - Ken Myers 473-8326
kmyers@botetourt.org



Franklin County – Nikki Custer 483-9293
nikkicuster@franklincountyva.org

Purpose

The Youth Football program encourages youth to participate in youth sports leagues, camps and other special events, for the purpose of building leadership, character, sportsmanship, fair play and most of all to have FUN. The purpose of this manual is to provide recreation club officers, coaches and volunteers with vital information needed to provide quality programs.

This manual was designed to serve as a means to communicate the policies and guidelines between our departments and the recreation clubs and volunteers. The manual provides information on all youth league sports, including deadlines, eligibility, responsibilities, protest, cancellations, drafting, boundary policies, rules and directions.

Our goal is to combine the “will to win” with the importance of FUN, participation and the development of skills. Above all our program focuses on providing positive and fun experiences for our community’s youth.

Cancellation Procedures

- **If Thunder is heard, beware and keep a look out for lightning. In case of lightning, have both teams move away from any fencing to a sheltered area or to their cars. Wait at least 20 minutes from the last streak of lightning to resume play.**



THE WEATHER CANCELLATION LINE NUMBERS ARE:

- **Roanoke County Cancellation number is 387-6455 ext. 6.**
- **Botetourt County Cancellation number is 540-473-8326 ext. 4**
- **Franklin County Cancellation number 540 -484-4966**

CHEERLEADING RULES AND REGULATIONS

2006

Leagues and Age Brackets

*The eligibility age for all participants shall be a minimum of 6 years of age and a maximum of 18 years of age. The age cut-off date to establish the age of the child is **OCTOBER 1ST** of the current year. Roanoke County will honor an alternate cut-off date established by other sanctioning organizations if that date does not expand the age brackets or increase the age eligibility established by Roanoke County Parks and Recreation.*

1. **Biddy League/U7**
6 to 7 year olds. No one under the age of 6 is allowed to participate. No Mascots under the age of six.
2. **Pee Wee/U10**
8 to 9 year olds.
3. **Little/U12**
10 to 11 year olds
4. **Junior/U14**
12 to 13 year olds
5. **U19**
14 to 18 year olds

PLAYER ELIGIBILITY

- A. Must be a Roanoke County resident or attend a Roanoke County Public School to be eligible to participate in any Roanoke County Youth Athletic program. If a player moves out of the County they may continue to participate in that specific sport until they age out of the program, as long as their participation is continuous with no breaks between the age brackets.
- B. All players must play in their eligible age bracket. Unless the coordinator and the club president approves the change. Any change must be submitted to the rec. club in writing.

TEAM INFORMATION

- A. Team entry forms and rosters forms must be filed with the Youth Athletic Department by 5:00 PM, **Friday, July 28, 2006.**
- B. Team Rosters must be filed with the Athletic Department, **Friday, July 28, 2006.** Rosters must show name, address, telephone number, birthday (before August 1) league age, jersey numbers (if available) and the school each player attends.
- C. Rosters must be signed by the coach verifying roster information.
- D. Regular season will begin around **August 26th**

PRACTICE

Football/Soccer - Practice will start August 1st. Four (4) hours per week.

Basketball – Practice may start around mid-November. Two (2) hours per week for the entire season.

LEAGUE RULES

1. Stunts are NOT allowed in any age group. Cheerleaders must have at least one foot or hand in contact with the ground at all times.
2. Jumps are allowed only if they are done unassisted and can be done under their own power with spotters.
3. Gymnasts maneuvers (example: cartwheels, round-offs) are allowed only if done unassisted and can be done under their own power with spotters.
4. No tosses or pyramids are allowed in any age group.
5. No gum, candy or other food in mouth while cheering.
6. Jewelry is not allowed while cheering. (example: rings, earrings, etc....)
7. No player is allowed to participate in more than one (1) Roanoke County sponsored sport within the same season
8. Teams must cheer for all their teams home and away games.
9. Cheerleading teams must have cheered during regular season to cheer for that team football team at Superbowl.
10. No music once games begin except for half-time routines.
11. Only positive and supportive signs are allowed.
12. No facility permits will be given to teams for indoor practice time.
13. Half time routines: Visitors go first and limit routines to 2 or less minutes.
14. Cheer teams will follow football teams after the game for hand shakes.
15. When there is an injured player on the field all cheering will stop and cheerleaders will take a knee until the player is removed or leaves the field.

LEAGUE CONDUCT RULES NO TOLERANCE POLICY

- A. Due to the many concerns and the national attention brought to sportsmanship the Department has taken a proactive no tolerance stand towards any unsportsmanlike act or conduct. Our goal is to provide a FUN, positive and supportive atmosphere for the players, staff and spectators.
- B. No team, team member, coach or assistant coach that is under suspension shall be eligible to compete in any league play which is sanctioned by the Roanoke County Parks, Recreation and Tourism.
- C. A team, team member, coach or spectator may be disqualified from play or the area for any of the various infractions listed below:
 - 1. **Ejection from a game** will result in an automatic (2) two game suspension for the first offense. Second offense is automatic suspension from league. All suspensions will roll over into the next season.
 - 2. **Using flagrant obscene language or displaying flagrant actions considered as unsportsmanlike gestures or other unsportsmanlike conduct.** Penalty – (2) two game suspension for first offense. Second offense is automatic suspension from league. All suspensions will roll over into the next season. Use of minor language and actions according to the official's judgment will result in the officials assessing penalties according to the Rule Book and players will sit out the remainder of the quarter or half at the discretion of the game official/s.
 - 3. **Physical violence involving a player, coach, spectator, scorekeeper or official during time of play, preceding or following a game.** Penalty – up to (5) five-year suspension-Automatic season suspension.
 - 4. **Verbal threats or harassment made by a player, spectator or coach directed to another player, coach, spectator, or game official.** Penalty – (1) one game suspension for first offense. Second offense is automatic suspension from league. All suspensions will roll over into the next season.
 - 5. **Commission of Fraud** – Any false information (name, address, birth date, school they attend) concerning a participant that make them ineligible to participate in Roanoke County. **Penalty** – Removal of that participant and team will forfeit all games that participant played in.
 - 6. **Use of tobacco or alcoholic beverages is prohibited on or around all Roanoke County facilities or team members.** Penalty - (2) two game suspension for first offense. Second offense is automatic suspension from league. All suspensions will roll over into the next season.
 - 7. **Failure to provide Roanoke County, officials and/or proper club authorities with the name/s of player/s, coach/s or spectator/s involved in any infraction when requested to do so.** Penalty - (2) two game suspension for first offense. Second offense is automatic suspension from league. All suspensions will roll over into the next season.
 - 8. **Any player, coach, spectator, official, scorekeeper or supervisor bring any firearm or weapon that is not a Law Officer into any County facility or park.** Penalty automatic indefinite suspension from all County sponsored Events.
 - 9. **Coaches and Officials MUST stand at mid-court/field and supervise teams shaking hands at the end of games. Anyone acting in an unsportsmanlike manner.** Penalty - (2) two game suspension for first offense. Second offense is automatic suspension from league. All suspensions will roll over into the next season.
- D. Roanoke County Parks, Recreation & Tourism have instructed the officials to issue this warning to teams at the pre-game conference.
 - 1. Players and coaches, who use foul language that can be clearly heard by spectators, coaches or officials, will be ejected without any additional warning.
 - 2. Player, coaches or spectators displaying unsportsmanlike conduct will be ejected without any additional warning.

Conduct Rule con't..

3. Coaches and Recreation Clubs are responsible for team or fans actions directed towards league officials. Coaches or Recreation Clubs will be given one (1) verbal warning for spectator conduct. For everyone's safety and enjoyment, it is important for you to control the problems a few players, coaches or spectators may create.
4. Officials have the authority to stop play and remove any player that they feel is getting aggressive and needs time on the sidelines to cool down before re-entering the game. This is to prevent players from receiving yellow or red cards and being disqualified.
5. **If a coach pulls their team off the field during a game. The game will be forfeited to the opposing team and the coach will be suspended for the next two games and will be on probation for the remainder of the year. Second offense will result in the coach being suspended for the remainder of the season and the next season**

**NOTE: ANY OF THE ABOVE PENALTIES MAY INCLUDE A PROBATION PERIOD
AND REC. CLUBS MAY IMPOSE GREATER PENALTIES.**

CODE OF ETHICS

On the next two pages you will find the coaches, parents and players "Code of Ethics" forms. These Codes of Conduct define the expectations for anyone attending a youth sports event. The conduct codes have been put into place to protect all children from physical, emotional, physical or social abuse that can be perpetrated against them by adults in youth sports

All coaches, parents and players are required to read and sign the code of ethics for each sport you participate in. Any Coaches, Player or Parent not complying with the rules of conduct will be required to attend the PAYS (Parents Association for Youth Sports) program provided by Roanoke County Parks, Recreation and Tourism at a cost of \$20 (which will be paid for by the violator), and will also receive all penalties covered under our rules and regulations and No To lance Polices.

COACHES CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for all players on my team by following this Coaches Code of Ethics:

- I will give every child the opportunity to participate in the game by following the All Play Rule.
- I will place the emotional and physical well being of my players ahead of all personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will be knowledgeable in the rules of my sport and will teach these rules to my players.
- I will use those coaching techniques appropriate for all the skills that I teach and teach them without yelling or degrading my players.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.
- I understand that if I do not conduct myself in a positive and supportive manner in accordance with the Roanoke County League Conduct Rules that I may loose my right to coach youth sports in Roanoke County.

Head Coach: _____
Print Name

Signature: _____
Sign here

Asst. Coach: _____
Print Name

Signature: _____
Sign here

Asst. Coach: _____
Print Name

Signature: _____
Sign here

Asst. Coach: _____
Print Name

Signature: _____
Sign here

Asst. Coach: _____
Print Name

Signature: _____
Sign here

PARENTS CODE OF ETHICS

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
- I will not yell or degrade my team or the other team's players, coaches, fans or officials.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will insist that my child's coach abide by the All Play Rule to give all players the opportunity to participate.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will support my coaching staff by attending all games and practices and by picking my child up on time at all events.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth – not adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I understand that if I do not conduct myself in a positive and supportive manner that before I can attend another game or practice, I may be required to attend the PAYS Program (Parent Association for Youth Sports) provided by Roanoke County Parks, Recreation and Tourism.

Parent/Guardian Signature

Parent/Guardian Signature

PLAYERS CODE OF ETHICS

I hereby pledge to provide positive support, care, and encouragement for my teammates and other players participating in youth sports program:

- I will encourage good sportsmanship by demonstrating positive attitude and respect for all players, coaches, and officials at every game, practice or other youth sports event.
- I will not yell or degrade my teammates or the other team's players, coaches, fans or officials.
- I will place the sportsmanship ahead of my personal desire to win.
- I will insist that I play in a safe and healthy environment.
- I will insist that my coach abide by the All Play Rule to give all players the opportunity to participate.
- I will request that my coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with me, in order to encourage a positive and enjoyable experience for all.
- I will support my coaching staff by trying to attend all games and practices.
- I will demand a sports environment free from drugs, tobacco and alcohol and will refrain from them.
- I will remember that the game is for me and not my coach, parents or other adults.
- I will do my very best to make my youth sports experience **FUN!!**.
- I will treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I understand that if I do not conduct myself in a positive and supportive manner that I will be held accountable under the Conduct Rules and Regulation outlined in the league manual.

Players Name/Please Print

Date

GAME EVALUATIONS

Since the Athletic Staff cannot be on site every night we have developed a grading system for teams and officials. This grading system will help us as well as give teams and officials an opportunity to give feedback to Roanoke County Parks, Recreation and Tourism. This is a way for the athletic section to measure our teams and officials conduct, attitudes and overall sportsmanship. These rating are also used to determine the John Kelley award winner for the Sandlot Superbowl.

Attached is a copy of the grading card for the teams head coach to fill out on game official/s knowledge of rules, demeanor, consistency and control of the game.

The grading cards must be turned in to the field supervisor or Roanoke County Athletic section within twenty-four (24) hours after the game is completed. Any comments can be put on the backside of the grading card or you can attach your own sheet of paper

Grading will be done under the following scale: There are two (2) grading cards per sheet.

5=Excellent

4=Good

3=Fair – If anyone gets a 3 or below please make comments

2=Poor

1=Bad

Please make your own copies of these grading cards.

TEAMS GRADING CARD FOR OFFICIALS

Date:_____ Field:_____

Sport:_____ League:_____

Team Name:_____ Coach Name_____

Official Name/s:_____ Grade:_____

_____ Grade:_____

_____ Grade:_____

_____ Grade:_____

Please grade each official under the following scale:

5=Excellent

4=Good

3=Fair – If an official gets a 3 or below please make comments.

2=Poor

1=Bad

Officials Name:_____

Grading cards must be turned in to the field supervisor or Roanoke County Athletic Department within twenty-four (24) hours after game is completed. Please put comments on back of this grading card.

Please make you own copies of this card.

TEAMS GRADING CARD FOR OFFICIALS

Date:_____ Field:_____

Sport:_____ League:_____

Team Name:_____ Coach Name_____

Official Name/s:_____ Grade:_____

_____ Grade:_____

_____ Grade:_____

_____ Grade:_____

Please grade each official under the following scale:

5=Excellent

4=Good

3=Fair – If an official gets a 3 or below please make comments.

2=Poor

1=Bad

Officials Name:_____

Grading cards must be turned in to the field supervisor or Roanoke County Athletic Department within twenty-four (24) hours after game is completed. Please put comments on back of this grading card.

Please make you own copies of this card.
TEAMS GRADING CARD FOR OFFICIALS

Date:_____ Field:_____

Sport:_____ League:_____

Team Name:_____ Coach Name_____

Official Name/s:_____ Grade:_____

_____ Grade:_____

_____ Grade:_____

_____ Grade:_____

Please grade each official under the following scale:

5=Excellent

4=Good

3=Fair – If an official gets a 3 or below please make comments.

2=Poor

1=Bad

Officials Name:_____

Grading cards must be turned in to the field supervisor or Roanoke County Athletic Department within twenty-four (24) hours after game is completed. Please put comments on back of this grading card.

Please make you own copies of this card.

PROTEST – While protest are rare we do take them serious. We investigate and gather information from all parties involved. And then try to make a fair and reasonable decision. Protest on matters of judgment will not be heard (example: fouls, safe, out, balls, strikes, off sides, etc...). Teams may protest misinterpretation of a rule or player eligibility (ages, residents, penalty assessment, etc...).

- A. **How to Protest:** All protests must be made to the game officials at the time of the incident causing the protest. The game officials shall then notify the opposing coach. All said protests must be filed in writing with the Athletic Department by 5:00 PM of the next working day following the game.
1. Date, time and place of the game.
 2. Names of the officials, teams and their coaches and other people involved in the situation.
 3. The rule, section of the rule/s or local rule/s under which the protest is being made.
 4. The decision rendered and the conditions surrounding the making of the decision.
 5. All essential facts involved in the situation, which evoked the protest being made.
- B. Discussion concerning rule interpretations will be between the coach and official involved. It is the responsibility of the coach to remove any other person not involved, whether it is a team member, other coach or fan.
- C. Officials are representatives of the league and are authorized and required to enforce all these rules. They have the authority to order a player, coach or fan to do or refrain from doing anything, which effects the administering of these rules, and to enforce the prescribed penalties. They have the authority to disqualify any player, coach or fan for objecting to the decisions, for unsportsmanlike conduct, for inappropriate language and to eject such persons from the playing area. They also have the authority to rule on any point not specifically covered in these rules. No team has the right to refuse any official assigned. Electric scoreboards will be used if available and operational. If none/insufficient number of officials' show to work your game and both coaches agree to play, the game will count. The winning coach will be responsible for calling in the final score.

GAME AND PRACTICE CANCELLATION POLICIES AND PROCEDURES

- Games may be postponed due to a school conflict (example: PTA/Band) or inclement weather. No other reason will be accepted (example: playing another sport, school sport, trip, vacation, coach work conflict, coach coaching another team, playing select or travel league). The athletic section will have final decision.
- **If Thunder is heard, beware and keep a look out for lightning. In case of lightning, have both teams move away from any fencing to a sheltered area or to their cars. Wait at least 20 minutes from the last streak of lightning to resume play.**



THE WEATHER CANCELLATION LINE NUMBER IS:

- **Roanoke County Cancellation number is 387-6455 ext. 6.**
- **Botetourt County Cancellation number is 540-473-8326 ext. 4**
- **Franklin County Cancellation number 540 -484-4966**

Park and School Facility Use Guidelines and Policies

These guidelines have been put in place to help Roanoke County Parks, Recreation and Tourism, Roanoke County Schools, and Recreation Clubs protect our facilities. Roanoke County Parks, Recreation and Tourism has great cooperation with school administrators and would like to keep it that way. So please abide by these guidelines and policies. **Coaches should report any facility maintenance issue to your Recreation Department representative.** Coaches and managers should read these rules to all your team members before your first practice or game.

Violation of any of the rules below may result in the loss of your team's practice privileges.

- ◆ All teams must have two adults to supervise at all practices and games.
- ◆ No child should be left alone while waiting for their ride to pick them up.
- ◆ All vehicles must use parking areas furnished at the site.
- ◆ No loitering around school buildings at any time.
- ◆ No trespassing on private property adjacent to recreation or school facilities.
- ◆ Leave school equipment alone.
- ◆ No food, drinks or water is allowed in school gyms.
- ◆ Only team members and supervisors are allowed in school gyms during practice. No one is allowed in any other part of the building.
- ◆ Put all trash and paper in trash receptacles at facilities.
- ◆ Use of profane language or gestures will not be tolerated at any time.
- ◆ No Tobacco products are permitted on recreation or school facilities.
- ◆ No Alcoholic beverages are permitted on recreation or school facilities.
- ◆ No Drugs or Weapons are permitted on recreation or school facilities.
- ◆ No fighting before, after or during practices or games.
- ◆ Be at practice on time and leave practice on time.
- ◆ All practice times must be scheduled through your club coordinator.
- ◆ No kicking or hitting balls in fences or school buildings. No Soft toss into chain link fences.
- ◆ No indoor practice times will be given for fall or spring sports teams.
- ◆ Football and Soccer only: No practicing in the goal or end zone areas during the month of August.
- ◆ Football and Soccer only: Only the outside perimeter lines will be marked during the month of August.
- ◆ Spectators must stay in the stands, bleachers or behind the spectator's lines or fences while games are being played.
- ◆ Coaches may not practice on facilities while other school functions are going on (ex. PTA, Carnivals and other programs).
- ◆ Coaches and team member should never have a confrontation with a school administrator or employee. Over sights while rare they do occur and may happen.
- ◆ Light should not be turned on before dusk. Violators will be charged \$5.00 per hour for light. Lights must be turned off by 11:00pm. It is the coach's responsibility to turn lights off. Violators will be charged



Be A LITTER-HITTER Help keep our Parks CLEAN

Directions

Darrell Shell Park

From Rt. 419, turn onto Starkey Road. Go to the stop sign at the railroad tracks. Turn right onto Merriman Road. Penn Forest Elementary School is less than 1/4 mile on the right. Park is behind the school. Amenities: 5 - 8 ft. tables, 1 - 16 ft. table, 1 small grill, 1 large grill, accessible playground, tennis, exercise/walking trail, volleyball, basketball, ball fields, water fountain, pay telephone, bathrooms.

Vinyard Park

Turn on Gus Nicks Blvd at Hardee's. Turn left onto King Street. Go approximately 3/4 mile and turn right onto Berkley Road. Park is on the right approximately 1/4 mile down the road. Amenities: 8 - 8 ft. tables, 2 small grills, playground, ball fields, portable toilets.

Walrond Park

From Interstate 81, take exit 146 (Hollins exit). Turn right off the exit ramp onto Plantation Road. Turn right onto Walrond Drive (beside Double Envelope). Walrond Drive dead-ends in the park. Amenities: 5 - 8 ft. tables, 2 - 16 tables, 2 large grills, fireplace, playground, tennis, ball fields, soap box track (by permit only), pond, water fountain, electricity at shelter, pay phone, bathrooms.

Glenvar High School – I-81 south to the last Salem exit. Go right off exit to stop light. Turn Right on Route 11. Turn right between County Library and Fires Station onto Daugherty road. Take a left across the bridge onto Tobey road. Then a right on Malus Drive Glenvar High will be the second school. Field is behind the high school.

Northside High School - Take 581 to the Peters Creek Road south exit. At the first stoplight take a right on Northside High School Road. Field is to the left in front of the high school.

Northside Middle School - Take 581 to the Peters Creek Road south exit. At the first stoplight take a right on Northside High School Road. Field is behind the middle school, which is behind the high school. Field is to the right on the hill behind the middle school.

Hidden Valley High School – 419 to Brambleton Ave./Route 221 south. 2nd light take a right on Pleasant Hill Road follow Pleasant Hill till yellow line ends. Take a right on Titan Trail, Titan trail goes into the school.

Cave Spring Middle High School – 419 to Brambleton Ave./Route 221 south. Field is behind Cave Spring Junior high school on your left.

William Byrd High School – 460 east/Orange Ave. to Gus Nicks Blvd. Stay on Gus Nicks through the town of Vinton. Stay on Gus Nicks/Route 24 until you see Wm. Byrd High School. Field is between the high school and middle school. If you pass the Parkway you've gone too far.

Roanoke County Career Center (RCCC) – 460 east/Orange Ave. to Gus Nicks Blvd. Stay on Gus Nicks through 1 stop light school will be on the hill to your right before you cross bridge.

James River High School – Take 81 north to the Buchanan exit. Go through Buchanan take a left onto Route 43, toward Eagle Rock. Go approximately 5 miles school will be on your left.

Lord Botetourt High School – Take 81 north to exit 150. Take the 220 north exit towards Fincastle. Lord Botetourt High school will be on your left.

Read Mt. Middle School – From 460 ----460 East to Rt. 604 (Cloverdale Rd). Take a left on Rt. 604 (Cloverdale Rd.) at Bonsack Wal-Mart and then a left at next stop light on Read Mnt. Road. Continue on Read Mnt. Rd for approx. 1 mile and take left on Orchard Hill Drive. Orchard Hill Drive takes you to the school. **From Route 11** ----Going from Roanoke to Cloverdale take a right on Read Mnt. Road and a right on Orchard Hill Drive. Orchard Hill Drive takes you to the school.

Central Academy Middle School – 220 North to Fincastle. Turn right on Back Street (across from Captain Seafood). Go to the end of Back Street and turn left. Stay on that road until you see Poor Farm Road to your left. School will be on your left.

Franklin County High School – 220 South to the Route 40 exit. Turn left at stop sign onto Tanyard Road. School will be on your left approximately ½ mile.

Ferrum College – 220 South to exit first Rocky Mount exit (Bus 220). Go approximately 2 to 3 miles take a right at stop light onto Franklin Street. Stay on that road approximately 15 to 20 miles to Ferrum College. Take the first college entrance. Field will be on your right approximately 1 mile.

Benjamin Franklin Middle School – Take 220 south to the first Rocky Mount Exit (Bus220). Take first left and look for signs.